TIMES DAILY MAGAZINE PAGE FOR EVERYONE -

Efficiency of the Kitchen Is Noticeably Increased By a Uniform Equipment

Properly Co-Related Kitchen Equipment Increases One Hundred Fold the Efficiency of That Department of the Household.

By MRS. CHRISTINE FREDERICK,

PERHAPS some of my readers have read a story which appeared in a well-known magazine about a kitchen which a man undertook to develop and run after a man's ideas. It was a very fumpy story, but the point—and he was right—was that most of our equipment in the kitchen is unrelated, and that we do not interrelate our tasks. That is, we may have an excellent grater or a beater or a chopper, but they are all made by different concerns of different materials, and work after different principles. Now a man comes

all made by different concerns of different materials, and work after different principles. Now a man comes along, takes the same grater and beater and chopper and makes them all part of one system, just as he does with the machinery and tools in his factory. He has them all of the same system of current or belting.

It is not possible for us yet to approximate man's ideals of machinery in cur own kitchens; nevertheless, we can choose our equipment and relate it with more uniformity. How few of us buy a white funnel, a blue saucepan, a gray tea kettle and an aluminum double boiler. It would be just as easy to purchase all of these pieces in the

Peter's Adventures in Matrimony

By LEONA DALRYMPLE.

ounds of excellent steak behind, and all these potatoes, steak behind, and all these potatoes, and all the perishable stuff. There's condition. After much concentrated ac- 16. A game will be pagainst Temple Unitivity I managed to get it to a tractable. The first will be against Temple Unitivity I managed to get it to a tractable.

and all the perishable stuff. There's condition. After much concentrated accounting for a day and a haif yet. You couldn't stay out that long, could you?"

I felt Mary's Jurning glance upon me, "Indeed, we couldn't." I said, with fervor, "That telegram of which I simply must answer it."

We packed the dinghy and rowed back to the boat. Here we threw more provisions away, lettuce and tomatoes, and a lot of stuff in the ice box. We still had a small place of ice left, but was in the wooden box of oddly coungh, it was in the wooden box, we had regarded with derision, "The bear's number of the bar, and a lot of stuff in the ice box. We had regarded with derision,"

I simply must answer it."

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HOMEWARD BOUND.

HAT dip in the surf-for a few hours, at least-made a man of me. Looking back I felt heartily ashamed of my temper and my brooding. Indeed, I spoke of it to Jaynes and Mary, and they were very decent about it.

We were all in better spirits now except Jaynes, and his had never waned. With Mary and me I imagine it was the approaching escape from motor boating. We were to return right after funch. My appetite returned about noon, and we all ate heartily, to find that we had stood and food upon food left over.

An Efficient Ice-Box. An Efficient Ice-Box.
"I was afraid we had too much stuff."

careless young boatman at that moment he likely wouldn't have spoken to me again. It was the climax of a long list of things "out of order."

Dangers of Driftwood.

"Give me the pump," I said, "and three days' trip, starting on February School, as well as several local pre-

oddly enough, it was in the wooden box which we had regarded with derision, and not in the tin box which Jaynes had persisted in regarding as an example of the standard of the arrangements. This will be the first time that the G. W. U. girls have traveled far from the city.

And there was a terrific snap. The entries week everyone on the team has cellent ice box.
"Next time," he said, "I use for an ice box just a plain wood box with dinghy.
some carpet thrown over it."

and there was a terrinc snap. The entrance of the cellent ice box. With unutterable had midyear examinations, so there had not been opportunity for much practice. However, just to keep in touch the cellent ice. However, just to keep in touch into the cellent ice. With unutterable had midyear examinations, so there has

I did not say that for me there would be no next time.

The Engine Balks.

We worked energetically and cleared the boat for sailing home. Jaynes kept the boat for sailing home. Jaynes kept the boat for sailing home. Jaynes kept the boat all night."

"You know." he said, "I tried to avoid the filed to avoid that piece of wood. If it get tangled with the game, the G. W. U. girls the rudder—well—it means sitting played a short game against Holy Cross College on Tuesday. The next is scheduled to be played against Inspection of the said, "I tried to avoid that piece of wood. If it get tangled with the game, the G. W. U. girls played a short game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the said of the game, the G. W. U. girls played a short game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the game, the G. W. U. girls played a short game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the game, the G. W. U. girls played a short game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the game against Holy cross College on Tuesday. The next is scheduled to be played against Inspection of the game against Holy cross College on Tuesday. of the aconsistent idea of the average strength of the teams, George Washington, Gallaudet, Ingram, and Madeira are most worthy of notice. Though Gallaudet and Madeira have played but one game each, both teams appeared experienced and well coached and should make enviable records before the season is over.

George Washington's chief fault at present is lack of team work in passing. Quite often it is necessary for the guards to pass down to the forwards without making use of the center and side center. Occasionally there is some very good team work between the forwards and the side center, but even this makes use of the time-worn device of forward-to-side-center-to-forward.

Though the private schools of Washington are prone to conceal their atheletic interests, the Madiera team should not be overlooked in a sumple tic interests, the Madiera team should not be overlooked in a sumple team in some pered by inadequate playing space and should not be overlooked in a sumple team in the search week at Epiphany gymnasium is all that can be arranged for more than 100 girls. Even though teams of seven players are used to pass down to the forwards without making use of the center and side center, but even this makes use of the time-worn developed the playing space and should not be overlooked in a sumple team in the search week at Epiphany gymnasium is all that can be arranged for more than 100 girls. Even though teams of seven players are used to period. No wonder the girls even more than fifteen minutes during a practice house, and the teams. Most of the teams work of the teams work in passion and the side center and side center, but even this makes use of the time-worn developed the playing space and should not be overlooked in a sumple team in the center. It seems to have developed to the center. It seems to hav

away from the engine until the very last minute. Then he gave the fly-wheel a rapid twist, fully expecting, as (Copyright by Newspaper Feature Service.)

DAILY EDITORIAL

For Women Readers

Mother and Teacher. course there are such things as the Parent-Teacher Associations, but sometimes one would think that there

Children in the public schools have been given their marks during the last few days, and the work of the first semester will show results in

tangible form.

Where are the amicable relations which are supposed to exist between the parent and the teacher? How many parents are going to take the non-passing mark as a personal in-sult and visit the teacher with the report card in one hand, and nothing but a doubled up fist as the other peace offering? Many, we fear. Mother, father, before you resent, stop and think. Teacher knows and

ou do not. She has had your infant in front of her lo, these many days, she keeps a small book in which all of his marks are registered, and sh of his marks are registered, and she would no more dare brave the anger of a mother and child to whom the injustice of giving others unfair marks had been committed than she would kiss a mad bull in the face. She has on the average ninety-six pairs of eyes and the same number of pairs of ears, keeping tab on her day by day, and children are the finest detectives in the world. If injustice had been done the corld would know of it, not you lone. So, if Johnnie fails, and whispers sweet nothings in your ear which would make you take up the ax for him, quell your feelings, investigate first, and then ask to see marks before you even so much as look unkindly at the teacher.

Now is the time to show the worth of the Parent-Teacher combine!

Pleading For Better Babies

of New York in its work along the lines of race improvement is that of consulting expert on maternity. The present holder of the office is Dr. Lydia Allen De Vilbiss, and her duties are almost Dr. De Vilbiss considers it most important to keep them from material. aroused much comment among the farmers by asserting that the State had appropriated millions for the improve- Though the work done by Dr. De ment of strains of stock and for the Vilbiss cannot measure up to her am-

De Vilbiss, and her deties are almost numberless. Her most important work is the arousing of public interest by a series of easily followed rules by series of talks to people living in parts of the State where the movement for better babies has not penetrated. She

nerease in the yield of vegetables, yet bitions until the State has appropriated has expended only a few thousands on funds for her use in realizing them, her improving the health of New York planning will doubtless have the double bables. One of her chief ambitions is to see and serving as a working basis for further development.

Washington Society Is Liberal in Augmenting Food Defects Responsible Fund For Purchase of Kits for French Troops

Mrs. Lawrence Townsend Gives Out List of Those Subscribing Money For

By FLORENCE E. YODER.

Have you been interested in the Lafayette kit fund?

If you have, the story of just how the fund has grown, what it is for and how it has been sent away will be of interest.

Of all of the relief funds which have been sent to Europe, perhaps none has achieved more popularity than the Lafayette fund which provides warm clothing for the French soldiers in the trenches.

Although bread is perhaps going up, and although the need of local seems to be no way of stopping the beautiful expressions of sympathy which have come from the people of America.

Belgium has excited our interest and claimed our attention, but France, that country which did so much for us in our own time of trouble during the revolution, and which gave so many of her heroes to our cause, has not been by any means forgotten.

The best thing about the Lafayette fund is that each soldier's kit costs but \$2, is filled with none but American made goods, and it the donor wishes, his or her card is inclosed, so that the shivering Frenchman will know just from whom the warming clothing has

whom the warming clothing has come.

The steamship Rochambeau, of the French line, sailed away from America last Wednesday bearing 7,000 Lafayette kits for the French soldiers in the trenches, all donated by American people.

Today Mrs. Lawrence Townsend, local chairman and secretary of the Lafayette kit fund, in an interview gave out the list of local donations and told of some of the interesting features of this charity. She said:

"This winter on the Aisne, along a battle line extending a hundred miles, in trenches of frozen earth, the men of France and of her allies, covered with ice and driven by hall and sleet, are fighting for the ideals of democracy. It is not only shells that kill, but there is the suffering from cold and exposure. When in the snows of Valley Forge our ancestors struggled to create this republic, the strangers who came to their aid were Lafayette and the

tice. However, just to keep in touch

From the present standing of those girls' teams that have played enough to give a consistent idea of the aver-age strength of the teams. George

ward.
Though this has been fairly successful so far, it might not prove quite as effective when used against more experienced teams. So far, George

Our Suburb

Our Garden Spot is always bright and

(Of course it's rather soggy when it

And only thirty minutes from the city (Of course you have to catch the prop-

er Irains).
We're through with Grasping Landlords, rents, and leases
(Of course there's still a mortgage
debt to pay).
At last we know what True Domestic
Peace is
(Of course you can't compel a cook to

(Of course you can't compel a cook to

Our Little Home is always nice and

(Of course the furnace needs a lot of

and rosy (Of course the schools are only mid-

day (Of course it's overcrowded now and

We see a play on Broadway every Mon-

(Of course we have to leave at half-

past ten).
lovely having grass and trees and

pest). life is life out here in Rangeley

-Arthur Guiterman, in Harper

care).

er trains). re through with Grasping Land-

pretty

rains).

COLY



MRS. LAWRENCE TOWNSEND.

HIGH SCHOOL AND COLLEGE NOTES

people of France. We can now manifest our sympathy by efforts to relieve the suffering of her soldiers." Sale of Music Helps. "Personally, I have given all of,

my talents toward the supplementing of the fund, and although time and money seem to be the main avenues for an expression of sympathy I have found time to write a piece of music, 'Belgium Forever,' which is having a large sale. Part of all the proceeds of this song go, by an arrangement with the publishers. for relief work

Mrs. Townsend's song should become popular, for she is composer of the berceuse of which the violinist sion in yesterday's concert is from

sion in yesterday's concert is from her pen.

"In making up the kits," she continued, "we have found we can serve a double purpose. The unemployed women of New York are supplied work in the packing of the kits, and now that many of the articles can be made by them, we are letting them assist in whatever way is most convenient. These

paratory schools, and has lost to in-

women are paid by the executive committee, and none of the money donated for the fund is used to pay "This takes away the stigma of paid administrative work which so often affects the ordinary charity and makes the actual amount to be given pitifully small."

"Are there ever replies to the cards which are enclosed?" I asked, scenting perhaps acceptant promance.

Are there ever replies to the cards which are enclosed? I asked, scenting, perhaps, several romances resulting from the enclosure of cards in kits. Mrs. Townsend laughed. "Oh, yes, we have already had one. A young man in the trenches received a card bearing the name of a young girl whom he had known as a child in Nancy. He communicated with the New York office, was given the address of the young woman, who lived in New Orleans, and—romance! Hut that is only one of the instances."

"Approximately 10,000 kits have already been forwarded, and arrangements have been made with the French authorities for their free transportation and their delivery within twenty-four hours after resching France. The kits contain fleece lined shirt, fleece lined drawers, one pair woolen socks, one pair woolen gloves, abdominal belt, six safety pins, a muffler, colored

ington team, and Miss Ross of Madeira.

Miss Seibold is one of the "headlest"

throwers. Both of them are experts in

Women Without Other Jobs Are Given Places In Preparing Articles For Ship-

handkerchief, small cake soap, pencii, writing paper, bar chocolate, The following is the list of those who have contributed to the fund

Mrs. Townsend:

For Affection of Nerves Diagnosed as 'Beri-Beri'

By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D. (Johns Hopkins.)

either a first cousin or blood relative to beri-beri, it is scurvy. Both, formery reported only among sallors fed upon

ly increasing.

Both beri-beri and scurvy are due to food defects, whether at sea, in the home, in institutions, or anywhere cise.

They may be traced to a baby's bottle or a restaurant refrigerator. Even the best baby foods, which replace human milk, may cause one of these—scurry. Orange juice and human milk may quickly cure it, but unless the cause is removed it will return.

What Beri-Beri Is.

Beri-beri is a neuritis. The word neuritis means only one thing to a careful, painstaking physician. It means a bad diagnosis full of knot holes and flaws, as it is carelessly used for en-

and over-refined rice, cornment, and wheat flour, and many other agencies have recently been unearthed as causes of these "neuritides," the plural of neu-

Beri-beri belongs to this group, be-

the best doctors in the world are Dr. Diet, Dr. Quiet, and Dr. Merryman, is peculiarly fitting if applied to a malady now known to exist on all sides, but once thought to be found only aboard ships.

This disease is known as "beri-beri."

If preserved, dried and canned fruits, excessively polished flour, finely polished rice and overcooked pabulum fill up the dishes on your table, be not surprised if the lame, the halt and the blind are to be numbered among members of your own household. Prayers or clieimcals will not eradicate the diseases and deformities, but a change to green vegetables, fresh fruits and the rough, unpolished cereals of the field will work a magic cure. a magic cure.

How To Avoid It.

"Vitamines" is the formidable name given by pundita to those necessary constituents of plants and meats, which, if absent, establish in the human tissues definite and dangerous pathological defects, which if not taken at the flood, lead on to disaster or even death, I rot Funk was the first to call these essen-Funk was the first to call these essential parts "vitamines."
Milled rice and milled flour, otherwise called "polished." removes these important elements. The upshot of this overdoing the rice and flour milling is to set up beri-beri.

If birds are fed at an experiment station upon food from which the vitamines have been eliminated, either mechanically by machinery or by cooking, beri beri symptoms appear, finally the fowls

become paralyzed, swollen, and if net properly treated, die.

What, then, is to be done once you bring to light an instance of this non-infectious malady? Primarily necessary is it to quit any boarding house, hotel or home where canned goods leftour. When many nerves are affected in the way to be described, the disorder receives the name of multiple neuritis. Alcohol, araenic, lead, bichlorides of or home where canned goods, leftover, mercury, diphtheria, diabetes, polished and polished, overly refined percals are in-use.

I have several times seen victims of

entirely well within two weeks after a diet of bread made of whole wheat flour, potatoes, spinach, carrots, beans, pens, tender steaks and oranges was adopted. cause it has been discovered that the absence of a certain rough part of milled rice incites this swelling and atfliction of the nerves. Whether the ham-string nerve, the optic nerve, the affected is more or less by chance. The affected is more or less by chance. The has not been "canned. Eat no rice that has not been "relined," and feed the interest of the stream affected is more or less by chance. The attack may first manitest its intamous presence by a slight limp, crossed eyes, a swollen, water-logged condition of the legs, palpitation of the heart, and respiratory disturbances. These symptoms also appear in other and even trivial diseases, but once present an investigation must be begun upon the food and drink.

has not been "refined," and feed the infants nothing but mother's milk.

Once signs of this type of neuritis have asserted their unwelcome presence, go to bed on a sunny porch amid fresh breezes, cat a little of the best and wildest of nature's foods, submit prescribing to massage and electricity, and obey your physician's instructions generally.

Answers to Health Questions

Retta-Q. What shall I do for billous- oxide of magnesia before each meal.
(3) A small goitte may be the caus

hydrol of magnesia before meals.

A.—Sulphur ointment and vaseline equal parts, is excellent for that. Use

The girls' basketball team of George Washington has won games from the The two hest forwards so far are Miss a year-book to be issued by the grad-thing for my throat and nose. It seems thing for my throat and nose. It seems thing for my throat and nose. It seems and James Ormond Wilson Normal to the George Washthe George Washington University. M.

A.-Irrigate your nose and throat three times a day with alkaline antisep-R. Walton, Joseph B. Kingsbury, and Mrs. M. Enlows will be associate editors. Students of the College of Engineering and the Teachers' College will co-operate with the Columbia College students in the publication of the volume. The book will contain individual pictures of the members of the C. D.-Q. (1) What is the cause of duce your weight, but the following will increase your weight: Eat every three (2) I took two bottles of citrate of hours, butter, cream, sugar, spices,

Adam's apple' A. (1) Constipation and fluid in the

(2) You should take seven grains of for this.

A. T.-Q. I am a man of forty-two years, have had a red nose for about ten years, and is does not seem to be getting any better. Would you be kind enough to suggest a remedy for this?

A. Peppers, salts, sauces, seasoning, greasy, sweet, and highly cooked foods, as well as hot dishes, liquor, soups, tea, and coffee make red noses. A plain dict and lots of sleep will cure it. J. G .- Q. (1) 1 attend gymnasium two crease my weight'

pastries, fats, ham, pork, gravies, and any good, as my stomach was clogged oils, sleep ten hours. Eat an extra meal up again in a few days.

(3) What is the cause of an enlarged muscles, drink lots of fresh milk, cream. and plenty of water. (2) The use of the calcium sulphide or barium sulphide depilatories is good

graduating classes, together with brief sketches of the graduates, and interesting historical reviews of the classes. The Record will take the place of the Cherry Tree, the usual year-book, which is not to be issued this year.

Beware of Bichloride of Mercury Poison!

Don't take the risk with bichloride of mercury tablets.

that are DEADLY POISON, and work serious injury to the tissues and membranes.

Tyree's Antiseptic Powderis the only recognized SAFE cleans-

ing and purifying antiseptic. It allays irritation; is soothing and refreshing; and an absolute preventative of any infection. It quickly restores all affected parts to normal health and vigor. In the bath it is a delight. In the douche a necessity. Bichloride of mercury has thousands of deaths on its score. Tyree's Antiseptic Powder has a million users praising its effectiveness and its safety.

These Druggists will be glad to give you a sample for trial: Christiani Drug Company, People's Drug Stores, O'Donnell's Drug Stores,

Paul Pearson.

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11th and Pa. Ave. S. E. Affleck's Drug Stores,

And Associated Drug Stores, 7th and G Sts. N. W

Tipton & Myers, R. L. Quigley, 21st and G Sts. N. W G. G. C. Simms Pharmacy, 723 14th St., Cor. N. Y. Ave The Henry Evans Company, Inc., 14th and Columbia Road. F. H. Ridgway Pharmacy,

904 F St. N. W. 15th and G Sts. N. W. Mackall Bros. 9th and H Sts. N. E. Mt. Pleasant Pharmacy, Roach Drug Store, 8th and G Sts. S. E. J. S. Tyree & Co., ANACOSTIA: C. H. Weiss. TAKOMA PARK:

J. S. Tyree, Chemist, Inc., Washington, D.C.

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